



Group Class Schedule

September 1 - January 31, 2017

Group Exercise

Mind Body

Aquatic Exercise

Class Descriptions

Timonium

110 West Timonium Road
Timonium, MD 21093
phone 410-453-9111

Hunt Valley

11212 McCormick Road
Hunt Valley, MD 21031
phone 410-584-7888

acac.com

GROUP EXERCISE | acac Timonium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45am H.I.I.T. (A)		6:00-6:45am BODYPUMP™ 45 (A) P	6:00-6:45am H.I.I.T. (A)		
6:00-6:45am Cycle 45 P	6:00-6:50am Barre Conditioning (C)	6:00-6:45am Cycle 45 P		6:00-7:00am Cycle Core	7:30-8:15am Cycle 45 P	8:00-8:45am Cycle 45
	6:45-7:30am Cycle 45 P		6:45-7:30am Cycle 45		8:00-8:50am Shockwaves (A)	8:00-8:50am INSANITY® (A)
8:30-9:25am Boot Camp (A)	8:30-9:15am BODYPUMP™ Express (A)	8:30-9:25am Bokwa Step & Up (A) P	8:30-9:25am H.I.I.T. (A)	8:30-9:25am Just Step (A)	8:30-9:30am Barre Conditioning (C)	
	8:30-9:30am Rhythm Ride		8:30-9:15am Cycle 45	9:00-10:00am INSANITY® (C)	9:00-9:50am INSANITY® (A)	9:00-9:55am BODYPUMP™ (A)
9:30-10:30am Zumba® (A)	9:30-10:20am Barre Conditioning (D)	9:30-10:25am Zumba® (A)	9:30-10:20am Barre Conditioning (A)	9:30-10:30am BODYPUMP™ (A)		
9:30-10:15am Cycle 45	9:30-10:30am Step & Sculpt (A)	9:30-10:30am Cycle 60	9:30-10:15am Run or Ride (treadmills or bikes)	9:30-10:30am Cycle 60	10:00-11:00am BORN TO MOVE® Ages 8-12 (C)	
10:35-11:20am Core Blast (C)	9:30-10:15am Run or Ride (treadmills or bikes)		9:30-10:30am Zumba® Toning (C) P		10:00-10:50am Step & Sculpt (A)	10:00-10:55am Step & Sculpt (A)
10:35-11:35am Barre Conditioning (A)		10:35-11:35am Barre Conditioning (A)	10:45-11:15am CXWORX™ (C)	10:35-11:35am Barre Conditioning (C)	10:30-11:15am Cycle 45	10:00-10:45am Cycle 45
	10:45-11:45am Strong & Stable (A) P	10:45-11:15am CXWORX™ (C)	10:45-11:45am Strong & Stable (A) P		11:30am-12:30pm Zumba® (A)	11:00-11:50am Rhythm Ride
12:00-1:00pm Zumba® Gold (A) P	12:00-12:45pm BODYPUMP™ 45 (A)	12:00-1:00pm Cardio Dance Gold (A) P	12:00-12:45pm BODYPUMP™ 45 (A)	12:00-1:00pm Zumba® Gold (A) P		
	12:00-12:45pm Cycle 45					
4:30-5:15pm Cycle 45	4:30-5:15pm Cycle 45	4:30-5:20pm Shockwaves (A)	4:30-5:15pm Cycle 45			
5:30-6:15pm INSANITY® (A)	5:30-6:30pm Barre Conditioning (C) P	5:30-6:15pm INSANITY® (A)	5:30-6:30pm Barre Conditioning (A)	5:00-5:45pm Cycle 45		
5:45-6:30pm Cycle 45	5:45-6:30pm Shred 45 (A)	5:45-6:30pm Cycle 45 P				
6:30-7:30pm BODYPUMP™ (A)	6:30-7:15pm Cycle 45	6:30-7:30pm BODYPUMP™ (A)	6:00-6:45pm Cycle 45			
6:45-7:45pm Cycle 60	7:00-8:00pm Zumba® (A) P					

(A) Studio A
(C) Studio C
(D) Studio D


New class or class with a change

P p.r.e.p.-friendly


Youth friendly (9-12 w/parent)

Group Exercise classes are included with your **acac** membership!

MIND BODY | acac Timonium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am Vinyasa Yoga I-II (D)	7:00-8:00am Yoga Fusion (D) P	6:00-7:00am Vinyasa Yoga I-II (D)				
		8:30-9:20am Mind Body Fusion (D)			8:30-9:30am Yoga 101 (D) P	8:45-9:45am Yoga Fusion (D)
9:30-10:30am Yoga Fusion (D) P	9:15-10:15am Pilates with Props (C) P	9:30-10:30am Vinyasa Yoga II-III (D)		9:30-10:30am Yoga Fusion (D)	9:45-10:45am Vinyasa Yoga I-II (D)	10:30-11:30am Yoga Essentials (C) P
10:45-11:45am Pilates Interval Training (D)	10:30-11:30am Power Yoga (D)	10:00-10:40am Core Transitions (C) P	10:30-11:30am Power Yoga (D)		10:55-11:25am Yoga Core Fusion (A) P	11:00am-12:00pm Power Yoga (D)
12:00-12:50pm Restorative Yoga (C) P		12:00-12:55pm Pilates Mat (C)	12:00-12:50pm Restorative Yoga (C) P	12:00-12:55pm Pilates Mat (C) P	12:30-1:30pm Parkinson's Yoga (A)	
1:00-2:00pm Hatha Yoga I-II (C)	1:00-2:00pm Gentle Yoga (C) P	1:00-2:00pm Vinyasa Yoga I-II (C)	1:00-1:50pm Tai Chi (A) P	1:00-2:00pm Hatha Yoga I-II (C)		
5:30-6:20pm Yoga 101 (D) P		6:00-6:50pm Power Pilates Mat (C)			(A) Studio A (C) Studio C (D) Studio D <hr/> New class or class with a change P p.r.e.p.-friendly  Youth friendly (9-12 w/parent)	
6:00-6:50pm Pilates Mat (C)	6:00-7:00pm Vinyasa Yoga I-II (D)	6:00-7:00pm Yoga Fusion (D)	6:00-7:00pm Vinyasa Yoga I-II (D)			
6:30-7:30pm Vinyasa Yoga I-II (D) P		7:05-8:05pm Vinyasa Yoga I-II (D)				

AQUATIC EXERCISE | acac Timonium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am Masters Swim (SM + DM)		5:30-6:30am Masters Swim (SM + DM)			7:15-8:15am Masters Swim (SM + DM)	
8:00-8:45am Hydro Circuit (DM)	8:00-8:45am Interval Splash (DM)	8:00-8:45am Aqua Fusion (DM)	8:00-8:45am Interval Splash (DM)	8:00-8:45am Hydro Circuit (DM)	8:30-9:15am Aqua Fusion (DM)	
9:00-9:45am Aqua Zumba® (SM)	9:00-9:45am Aqua H.I.I.T. (SM)	9:00-9:45am Hydro Resistance (SM)	9:00-9:45am Aqua H.I.I.T. (SM)	9:00-9:45am Aqua Zumba® (SM)	9:30-10:15am Aqua H.I.I.T. (SM)	
11:00-11:45am Arthritis Plus (LP)	11:00-11:45am Arthritis Plus (LP)	11:00-11:45am Arthritis Plus (LP)	11:00-11:45am Arthritis Plus (LP)	11:00-11:45am Arthritis Plus (LP)	11:00-11:45am Warm Wave Intervals (LP)	
12:00-12:45pm Warm Waves (LP)	12:00-12:45pm Ai Chi (LP)	12:00-12:45pm Warm Waves (LP)	12:00-1:00pm Strong & Stable (LP)	12:00-12:45pm Fluid Core (LP)		12:00-12:45pm Ai Chi (LP)
2:00-2:45pm Basic Arthritis (LP)		2:00-2:45pm Basic Arthritis (LP)		2:00-2:45pm Pi-Yo-Chi (LP)	(LP) Lifestyle Pool (DM) Main Pool: Deep (SM) Main Pool: Shallow <hr/> New class or class with a change P p.r.e.p.-friendly  Youth friendly (9-12 w/parent)	
6:00-6:45pm Aqua Boot Camp (DM)		6:00-6:45pm Aqua Fusion (DM)				
7:00-7:45pm Aqua Yoga (LP)	7:00-7:45pm Aqua Dance Fusion (LP)		7:00-7:45pm Aqua Zumba® (LP)			

P All Aquatic Exercise classes are p.r.e.p.-friendly!

Mind Body and Aquatic Exercise classes are included with your **acac** membership!

GROUP EXERCISE CLASS DESCRIPTIONS

Barre Conditioning	Combines Pilates, light weight training and barre moves that will work your body from top to bottom. (SB) Active
BODYPUMP™	The original Les Mills weight training class that builds strength, tones your body and pushes you to the limit every time. A 45-minute version is also offered. (CC) (SB) Active
Bokwa Step & Up	A fun and innovative approach to traditional step in which you draw letters and numbers around and onto the bench. Get your heart rate pumping and cover more ground in this easy-to-follow cardio conditioning class. (CC) (SB) Active
Boot Camp	Combine strength and cardio drills for a heart pumping, muscle challenging workout. Various equipment used. (CC) (SB) Active
BORN TO MOVE®	This Les Mills class will inspire young people to fall in love with movement and experience the satisfaction and thrill of trying and mastering fundamental skills from disciplines of dance, martial arts, plyometrics, core and yoga. Designed for ages 8-12. (CC) (FX) (SB) Moving
Cardio Dance Gold	A fun, choreographed dance class that challenges your brain as well as your body. (CC) (SB) Moving
Core Blast	Raise your heart rate and strengthen your core with this boot camp style, core-shredding class. (SB) (CC) Healthy
CXWORX™	Revolutionary core training from Les Mills featuring a mix of isolation exercises that target specific muscles and integrated moves that use two or more muscle groups together. (CC) (SB) Active
Cycle (45 or 60 min.)	Climb to new heights and sprint to the finish. Heart rate monitor recommended. (CC) 45 min.: Healthy, 60 min.: Exceptional
Cycle Core	Sprint, climb and crunch. (CC) Healthy
Rhythm Ride	Prepare to have the most fun filled, high intensity, lean muscle building, indoor cycling experience available. In Rhythm Ride the bike is your dance floor, the music is your motivation, and time flies when you're having fun! Get ready to relieve stress, improve aerobic capacity, and blast fat quickly. (CC) (SB) Active
H.I.I.T.	Focus on muscle performance, speed, agility and power with High Intensity Interval Training. (CC) (SB) Healthy
INSANITY®	Forget everything you think you know about high-intensity workouts because INSANITY® turns old-school interval training on its head. It keeps you working at maximum capacity through your entire workout. (SB) (CC) Exceptional
Just Step	Advance your basic step class with stronger choreography and dance components. (CC) Active
Run or Ride	Cardio Interval training designed for the treadmills or bike—you decide! Headphones are required for class participation. (CC) (SB) Moving
Shockwaves	Shock your system with this power packed boot camp that combines interval training with power bursts. (SB) (CC) Exceptional
Shred 45	Prepare to get shredded in this high intensity, no excuses express class. High intervals of cardio to shred fat are paired with intervals of strength training to build lean muscle. (CC) (SB) Active
Step & Sculpt	Mix basic step patterns, intensified with hand weights and strength training for a complete workout. (SB) (CC) (FX) Active
Strong & Stable	Focus on both functional and flexible strength exercises while incorporating the basic principles of the barre to improve your overall level of fitness. (SB) Moving
Zumba®	Party yourself into shape with this exhilarating, effective, easy-to-follow, Latin-inspired calorie-burning dance fitness party. (CC) Moving
Zumba® Gold	Latin-inspired dance class modified from its original version to focus on balance, range of motion and coordination. Come ready to sweat and feel empowered. (CC) (SB) Moving
Zumba® Toning	Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training, dance fitness-party. (CC) (SB) Moving

CLASS TYPES | **CC** Endurance/Cardiovascular Conditioning | **FX** Flexibility | **RR** Rest & Rejuvenation | **SB** Strength & Balance

WELLNESS LEVELS | **1** At Risk/Danger | **2** Moving | **3** Active | **4** Healthy | **5** Exceptional

MIND BODY CLASS DESCRIPTIONS

Core Transitions	Move out of the water into gravity with fun, weight-bearing movements designed to improve balance, strength, and flexibility. (SB) (RR) (FX) Moving
Gentle Yoga	Emphasizes safety through proper alignment in basic postures, breath awareness and relaxation. All levels welcome. (SB) (FX) Moving
Hatha Yoga	Connect with the elements of every yoga regime; strength, flexibility, breath, balance, mindfulness and deep relaxation. (SB) (FX) Moving
Mind Body Fusion	Bringing together Qi Gong, Yoga, Pilates and meditation, this class stretches your mind, body and soul. (FX) (SB) Moving
Parkinson's Yoga	Free yoga class for people with Parkinson's and their care partners. (FX) (SB) Moving
Pilates with Props	Challenge your practice incorporating both Pilates mat and equipment workouts. Class is reworked using props and a variety of positions (standing, seated, supine, prone, and side-lying). (SB) (FX) Healthy
Pilates Interval Training	Take it to the next level with this intense workout using a variety of props. Combine Pilates moves for muscular balance, strength and flexibility. (SB) (FX) Healthy
Pilates Mat	Build a strong core and long lean muscles and increase flexibility in this non-impact class. Pilates Mat Express is a 45-minute class. (B) (FX) Moving
Power Pilates Mat	Expand on the principles of Pilates in this powerful and complete core workout. (SB) (FX) Exceptional
Restorative Yoga	Each deep breath eases and opens you into traditional Hatha poses held for longer durations. Recharge and revitalize yourself with each practice. (FX) (RR) (SB) Moving
Tai Chi	A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. (RR) (SB) At Risk
Yoga Core Fusion	Gain mind and body awareness while strengthening your core muscles. (SB) (FX) (RR) Active
Vinyasa Yoga	Link a flowing sequence of yoga postures together with a movement and system of breath. Set your intention and reach your personal goal. (SB) (FX) Levels I/II: Active, Level III: Healthy
Yoga 101	Learn the basics of a yoga practice and take the fear out of that quiet, dark room. Increase your flexibility and learn how to let go. (SB) (FX) Moving
Yoga Fusion	Enjoy a variety of yoga styles blended to create a relaxed and refreshed yoga experience. (SB) (FX) (RR) Moving

AQUATIC EXERCISE CLASS DESCRIPTIONS

Ai Chi	Create improved range of motion, balance and mobility with water movement and relaxation. Ai Chi uses a combination of deep breathing and slow, broad movements of the arms, legs and torso. (RR) (SB) (FX) At Risk/Moving
Aqua Boot Camp	Take your athletic conditioning class to the water! Participants should be ready for anything from circuits to intervals to using various types of equipment. (CC) (SB) Moving
Aqua Dance Fusion	Combine high intensity dance moves and interval combos for a warm water cardio challenge. (CC) (SB) Moving
Aqua Fusion	Get ready for this instructor-driven format that will include interval training. (CC) (SB) Moving
Aqua H.I.I.T.	Push your limits and maximize results with High Intensity Interval Training that targets fitness components of agility, balance, coordination and speed in addition to cardio capacity. (CC) (SB) Active
Aqua Zumba®	Party yourself into shape with this exhilarating, effective, easy-to-follow, Latin-inspired calorie-burning dance fitness party. (CC) (SB) Moving
Aqua Yoga	Experience flowing, dynamic and mindful movement with an emphasis on balance, coordination and functional strength. (SB) (FX) Moving
Arthritis Plus	Supplement the activities from Basic Arthritis with more intense endurance-building and muscle-strengthening exercises. (SB) (FX) Moving
Basic Arthritis	Improve range of motion, muscle strength and endurance with this warm water exercise program. (SB) (FX) At Risk/Moving
Hydro Circuit	Increase cardiovascular and muscular endurance with this series of cardio or strength exercises (or both) repeated two or three times with little or no rest between sets. (CC) (SB) Moving
Hydro Resistance	Apply fun, force and function to basic arm patterns building progressions for all goals and abilities. Integrate unilateral and bilateral upper body moves and impact variations for core training benefits. (SB) (CC) Moving
Interval Splash	Improve aerobic capacity with low to high intensity exercise, interspersed with rest and relief periods. (CC) (SB) Moving
Masters Swim	A structured, coached swim workout designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and camaraderie. (CC) Healthy
Pi-Yo-Chi	Focus on form and use the key principles of Pilates to develop efficient movement. Explore aquatic modifications that include wall exercises and unsupported standing techniques. (SB) (FX) Moving
Strong & Stable	Improve balance with the support of the water's natural buoyancy. The water's natural resistance is used to strengthen muscles in this warm water class. (SB) Moving
Warm Wave Intervals	Improve aerobic capacity with low to high intensity cardio and resistance exercise, interspersed with rest or relief periods. (CC) (SB) Moving
Warm Waves	Gain strength, balance, and range of motion with exercises incorporating functional movement. (SB)(FX)(CC) Moving
Yoga Essentials	A beginners practice, focusing on the foundations and benefits of basic postures, safe alignment, and breathing. Ending with a portion of restful relaxation and guided meditation. (FX) (RR) (SB) Moving

ALL CLASSES | acac Hunt Valley

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00-7:30am Cycle 30 Julie			9:00-10:00am Hatha Yoga Alexander	
12:00-12:30pm Cycle 30 Jessica	12:00-12:45pm Pilates Mat Becky		12:00-12:45pm Hatha Yoga I-II Alexander	12:00-12:45pm Core Blast Dara		
5:30-6:15pm Cycle 45 Tyler	5:30-6:15pm Core Blast Dara		5:30-6:30pm Hatha Yoga I-II Alexander			Green indicates a new class or class with a change

CLASS TYPES | **CC** Endurance/Cardiovascular Conditioning | **FX** Flexibility | **RR** Rest & Rejuvenation | **SB** Strength & Balance

WELLNESS LEVELS | **1** At Risk/Danger | **2** Moving | **3** Active | **4** Healthy | **5** Exceptional

HUNT VALLEY CLASS DESCRIPTIONS

Pilates Mat	Build a strong core and long lean muscles and increase flexibility in this non-impact class. Pilates Mat Express is a 45-minute class. (SB) (FX) Moving
Cycle 30/45	Climb to new heights and sprint to the finish in this express class. (CC) (SB) Active
Core Blast	Raise your heart rate and strengthen your core with this boot camp style, core-shredding class. (SB) (CC) Active
Hatha Yoga I-II	Develop balance, strength, flexibility, and breath control in held postures with this alignment-based class. Teaching styles vary. Learn and practice correct alignment and breathing in basic yoga postures. I/II For students who have attended Level 1 classes and are ready for a more advanced beginning class with introduction to additional postures. (RR) (FX) Moving



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